



The GoFit GoBall targets sore muscles for pain-relief. Part of GoFit's Muscle Pain Management system, the GoBall relieves knots, trigger points and muscle soreness. Reach your back, shoulders, glutes, legs, and other spots in need of deep-tissue massage. Leaning on a wall or laying down, simply press and roll. The cord helps you target areas of pain and keeps the ball in place. The ball's density and no-slip rubber surface is ideal for trigger point release. You decide how much pressure you want to apply to your target-point areas for maximum relief.

RECOMMENDED THERAPY GUIDELINES

Check with your physician before engaging in any therapy; determine if it is appropriate for you.

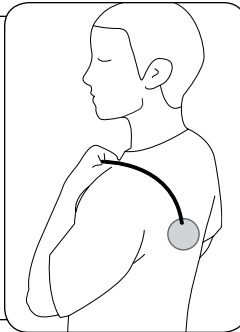
Beginning Therapy:

Place and hold light pressure for 15 to 20 seconds on tight or stiff area until muscle tissue relaxes. Repeat 1 to 2 times per session.

Advanced Therapy:

Place and hold greater pressure for 30 to 45 seconds on tight or stiff area or until muscle tissue relaxes. Repeat 3 to 4 times per session.

- Most of the exercises may be done against a wall or you may lie on the floor
- Some areas may be more tender than others, so apply the amount of pressure that is comfortable
- You may feel some discomfort where the ball is hitting the target-point area
- If you feel extreme discomfort, decrease pressure
- If you experience any significant bruising, this is a sign you are pressing too hard over the area and may cause damage to your tissues
- To allow better relaxation and results, take deep breaths in and out.

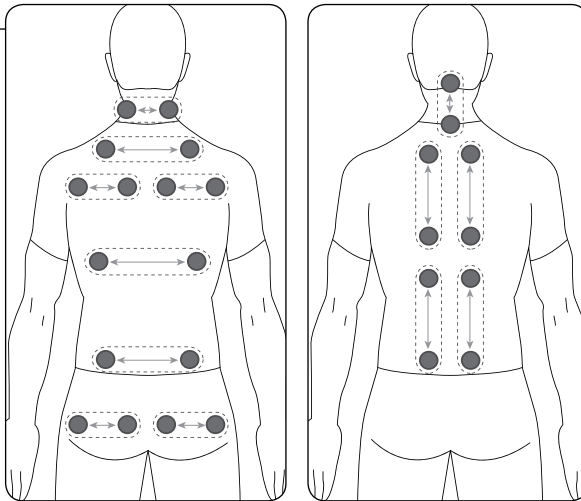


BACK

MOVEMENT: Standing with back 4-6 inches away from the wall, place the ball in target-point area and carefully lean back against wall. With comfortable pressure applied to the ball, move side-to-side or up-and-down to roll the ball back-and-forth in each area.

POSITIONS:

- **Neck**
- **Upper Back**— Shoulders and Shoulder Blades
- **Middle Back**
- **Lower Back/Glutes**



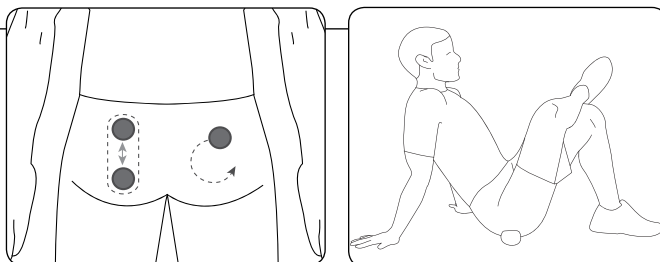
(Note: Massage one shoulder blade at a time; one side of the spine at a time; one glute muscle at a time)

GLUTES

MOVEMENT: For both positions, move side-to-side, up-and-down, or circularly (clockwise/counter-clockwise).

POSITIONS:

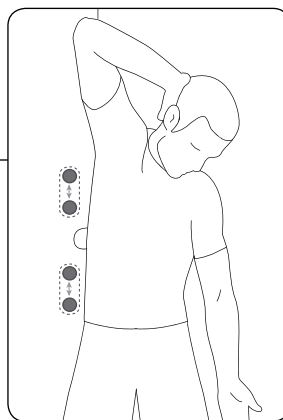
- **Standing**— With back 4-6 inches away from the wall, place the ball in target-point area and carefully lean back against wall
- **Sitting**— Cross ankle over opposite knee and support your upper body with your hands behind you.



RIB CAGE AND OBLIQUES

RIB CAGE: Standing with back 4-6 inches away from the wall, place the ball in at the bottom of the rib cage. Carefully lean against the wall. With comfortable pressure applied to the ball, move up and down. The ball should go from the bottom of your rib cage to your armpit.

OBLIQUES: Standing with back 4-6 inches away from the wall, place the ball in target-point area at your hip. Carefully lean against the wall. With comfortable pressure applied to the ball, move up and down. The ball should go from your hip to just below your rib cage.

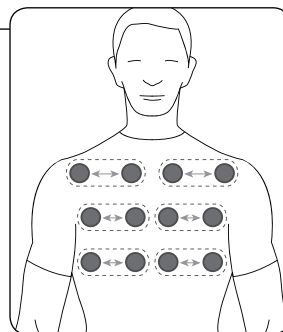


CHEST

MOVEMENT: Standing with chest 4-6 inches away from the wall, place the ball in target-point area and carefully lean against wall. Turn your head the opposite direction of the target-point being massaged with the opposite arm raised. With comfortable pressure applied, roll the ball side-to-side.

POSITIONS:

- **Upper Chest**— Just below clavicle
- **Middle Chest/Pectorals**— (Note: NOT suggested for women)
- **Lower Chest**— Just above the bottom of rib cage

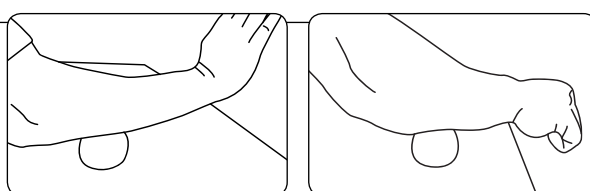


FOREARMS

MOVEMENT: For both positions, move side-to-side, up-and-down, or circularly (clockwise/counter-clockwise).

POSITIONS:

- **Hand up**— To reach specific tendons, use your other hand to extend each finger, one at a time, slightly backwards
- **Hand down**— To allow more pressure into muscles, hang your wrist off of the desk or table



WARNING



Read all information before use. Serious injury or fatality may occur.

The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen or exercise program or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or pullout card form—collectively referred to in every media form as "Materials"). These Materials are for educational purposes only (i.e. they illustrate/explain fitness-related and/or therapy techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise or technique described in the Materials until and unless you consult with and are cleared by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers. The models depicted in this program are well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or diets depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the

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- **USE ONLY** as shown/illustrated/intended in a slow and controlled manner
- The GoBall is **NOT** a toy; it is not intended for use by children. If allowing anyone under 18 to use it for therapy they must have adult supervision.
- **NEVER** throw or swing the GoBall
- **NEVER** leave the GoBall unattended as it could

- pose a hazard to children and pets. Store the GoBall out of the reach of children and pets.
- Consult your physician if intending to use during pregnancy.
- GoFit, LLC is not responsible for any personal harm or property damage that may occur if GoBall is used improperly as noted here.

MAINTENANCE AND CARE

- Clean the GoBall/components with mild soap and water. **DO NOT** use abrasive or chemical cleaners.
- Keep the GoBall out of direct sunlight. Do not place GoBall where it would be exposed to extreme high or low temperatures or heat sources.
- Some of the GoBall/components are composed of rubber or plastic—the life span of these parts will depend on the amount of usage and proper care.

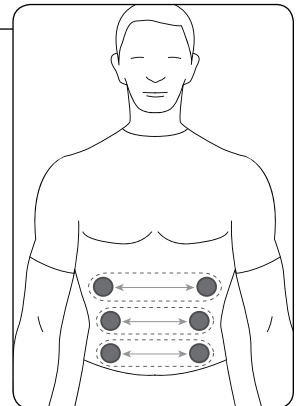
ABDOMEN

MOVEMENT: Standing with chest 4-6 inches away from the wall, place the ball in target-point area and carefully lean against wall. Turn your head the opposite direction of the target-point being massaged with the opposite arm raised. With comfortable pressure applied, roll the ball side-to-side.

POSITIONS:

- **Upper Abdomen**— Just below rib cage
- **Middle Abdomen**— Across belly button
- **Lower Abdomen**— Just above the hips

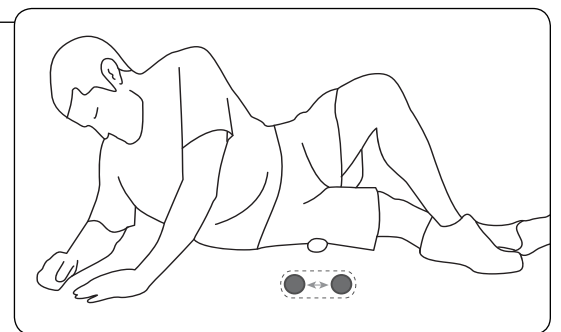
(Note: Massage from one side of your abdomen, all the way to the other side.)



IT (ILIOTIBIAL) BAND

MOVEMENT: Place the ball slightly below your hip joint. With comfortable pressure applied to the ball, move side-to-side to roll the ball down to just above your knee joint. (Do NOT roll directly onto hip or knee joint.)

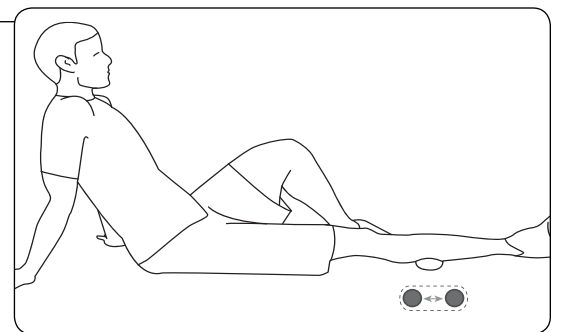
POSITION: Lying on your side on the floor, bend your knee that is opposite of the target-point and place the foot on the opposite side of the straight leg. Slightly turn while supporting your upper body with your hands and forearm.



CALVES

MOVEMENT: Slightly raise your bottom off of the floor and roll the ball back and forth from the top of the calf muscle (just below the back of the knee) to 2-3 inches above the ankle.

POSITION: Sitting on the floor with one leg bent, place the ball under the calf muscle of the straight leg with toes turned out, then lean back and support your upper body with your hands placed behind you.

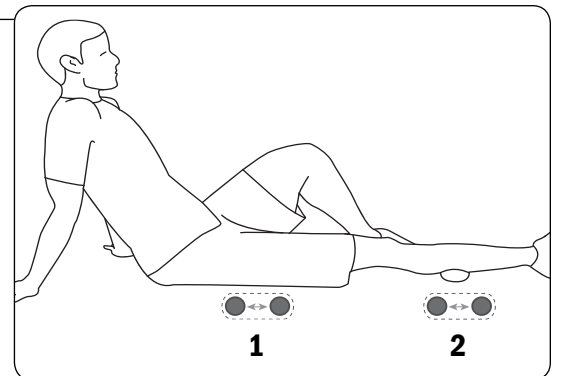


HAMSTRING

MOVEMENT: Slightly raise your bottom off of the floor and roll the ball back and forth.

POSITION 1: Sitting on the floor with one leg bent, place the ball under the **upper thigh** of the straight leg with toes turned up, then lean back and support your upper body with your hands placed behind you. Roll from just below the buttock to just above the knee joint.

POSITION 2: Sitting on the floor with one leg bent, place the ball under the **calf muscle** of the straight leg with toes turned up, then lean back and support your upper body with your hands placed behind you. Roll from the top of the calf muscle (just below the back of the knee) to 2-3 inches above the ankle.



FEET

MOVEMENT: For both positions, move side-to-side, up-and-down, or circularly (clockwise/counter-clockwise).

POSITIONS:

- **Toes flexed**—Flex your toes upward
- **Toes Pointed**—Point your toes so they are parallel to the floor

(Note: Do NOT place your full body weight onto the ball.)

